

Camp Walker Kelly Fitness Center

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Just because we are out in the field does not give us excuses to miss out on our regular workout, especially when there is a well-equipped gymnasium nearby. The Kelly Fitness Center is one of the prides of Camp Walker.

“We have the neatest and most well-equipped gym in the area (Area IV),” said Mr. Pae Yun-Hyun, a sports specialist with the Center.

The Camp Walker Kelly Fitness Center is located in building No. 261 between the Soldier Memorial Chapel and the Camp Walker Post Office.

The Center has a spacious weight room with the latest exercise machines and equipments. Off-duty soldiers can work their muscles on clean and spotless machines while listening to soothing music played on the speakers. There are several racketball courts and two cardiogram rooms with plenty of running, step-masters and bicycle machines to go around. The Center has a wide indoor court where a couple of teams can play full-court basketball and volleyball at the same time. Also there is a 25 meter long indoor swimming pool with five lanes, which opens from 1100 to 2100 for the duration of the exercise. Finally, the center has a grassy outdoor sports field where soldiers can play football, soccer or baseball.

“This is one of the finest gyms I’ve ever seen,” said Sgt. Lawrence Douglas of Headquarters and Headquarters Detachment, 41st Signals Battalion.

All personnel involved in this year’s Reception, Staging, Onward-movement and Integration exercise can use this center. Rackets, various kinds of balls, basketball shoes, towels and equipments can be loaned to valid identification card holders.

“If you want to avoid busy hours, avoid the gym between 1900 to 2000 and early morning during the weekdays. Those are the busiest hours,” advised Mr. Pae.

Until April 27th, Kelly Fitness Center’s operating hours are from 5 a.m. to midnight.